

Diabetes Newsbeat



Guiding down the Road to Health

Nebraska community health workers recently were able to learn of a new way to describe Type 2 diabetes to people in Nebraska's communities.

For more about the Road to Health and lay health ambassadors, go to Page 5.



Photos by Andrea Riley

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Nov. 14 is World Diabetes Day

The Nebraska State Capitol Building will be lit blue for World Diabetes Day on the evening of Nov. 14, sponsored by the Nebraska Lions Club. For more information about the day and its origins, go to Page 3.

Impact of Diabetes report, Consensus Guidelines updated on web

An estimated 103,000 Nebraska adults had type 2 diabetes in 2010, compared to about 60,000 in 2000. This is just one of the findings in a report on the impact of diabetes in Nebraska recently posted on the Diabetes Prevention and Control Program website.

The Impact of Diabetes in Nebraska report can be found at www.dhhs.ne.gov/diabetes within the 'Nebraska Data and Trends' section. It provides health care professionals, the public health community, policymakers, and the general public with the latest data that describe the impact of diabetes in Nebraska. These data also represent a critical source of information for the DPCP, which uses the data to identify



and address specific issues of concern.

Also on the website are updates of the Nebraska Diabetes Consensus Guidelines of Diabetes Care and associated documents. The Nebraska Department of Health and Human Services has developed and distributed the guidelines for both adult and pediatric patients to health professionals throughout the state since 1999. These guidelines were developed in conjunction with multiple primary and specialty care physi-

cians, diabetes educators, and representatives of major managed care plans in Nebraska and were based on the American Diabetes Association's Standards of Care.

The guidelines can be found under the 'Materials and Publications' link.

Upcoming events and conferences, as well as current diabetes classes and support groups have also been updated on the web. Go to www.dhhs.ne.gov/diabetes to see the updates. If you have any information that you would like to add to the Events page, please contact Joshua Russo at (402) 471-2648.

- Nebraska Diabetes Prevention and Control Program

DIABETES AND PREDIABETES

Carbohydrates are a great source of energy for our bodies – but if you eat too many at one time, your blood glucose may get too high. If your blood glucose stays too high for too long, it can lead to serious health problems like type 2 diabetes and heart disease. Common symptoms of high blood glucose are feeling tired, being thirsty, and urinating frequently.



A 12 OZ. CAN OF REGULAR SODA HAS 40 GRAMS OF CARBOHYDRATES, THE SAME AMOUNT IN **10 TEASPOONS OF SUGAR**



10-15 LBS

IF YOU ARE OVERWEIGHT, MODEST WEIGHT LOSS AND REGULAR PHYSICAL ACTIVITY CAN REDUCE YOUR RISK OF DIABETES DRAMATICALLY

AN ESTIMATED 25.4 MILLION

AMERICANS HAVE DIABETES. MORE THAN A THIRD OF THOSE PEOPLE HAVE NOT BEEN DIAGNOSED.



Sources

- Diabetes Prevention Program Research Group. (2002). Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *New England Journal of Medicine*, 346(6), 393-403.
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HeartTruth.gov



Many Nebraskans hear Defend Against Diabetes messages

The Defend Against Diabetes campaign advertising has reached Nebraskans, according to data released this summer from the 2011 Behavioral Risk Factor Survey.

Of a total of 9,372 people that were surveyed, 34.8% said 'yes' to the question "During the past year, have you heard any messages on the radio urging people to Defend Against Diabetes—Get a Game Plan?"

Of the 3,509 people who responded 'yes' to the question, 90.2% answered "yes" to the second question, "Did any of these messages mention that losing a modest amount of weight can reduce your

risk for (type 2) diabetes?"

Of the same group, 92.9% answered "yes" to the third question, "Did any of these messages tell you to see

messages motivate you to obtain more information about diabetes?"

These data show the campaign is really making an impact. We are very pleased with these results and want to thank you for your partnership and your help in spreading the message.

If you haven't taken the quiz yet, please do and pass it on to your friends, family, patients and coworkers.

The quiz can be found at www.DefendAgainstDiabetes.Ne.gov

- Diabetes Prevention and Control Program

Defend.
against
diabetes

Get a game plan.

your doctor so you know if you are at risk for diabetes?" The same group, 23.3% answered "yes" to the final question, "Did any of these

World Diabetes Day to keep spotlight on disease, focus on education and prevention

World Diabetes Day is celebrated every year on Nov. 14.

The World Diabetes Day campaign is led by the International Diabetes Federation and its member associations. It engages millions of people worldwide in diabetes advocacy and awareness.

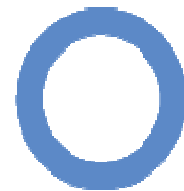
World Diabetes Day was created in 1991 by the International Diabetes Federation and the World Health Organization in response to growing concerns about the escalating health threat that diabetes now poses.

The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public spotlight.

World Diabetes Day is a campaign that features a new theme chosen by the International Diabetes Federation each year to address issues facing the global diabetes community. While the themed campaigns last the whole year, the day itself is celebrated on Nov. 14, to mark the birthday of Frederick Banting who, along with Charles Best, first conceived of the idea which led to the discovery of insulin in 1922.

Diabetes Education and Prevention is the World Diabetes Day theme for the period 2009-2013.

World Diabetes Day is celebrated worldwide by the more than 200 member associations of the International Diabetes Federation in more



world diabetes day
14 November

than 160 countries and territories.

The global diabetes community in support of World Diabetes Day includes the International Diabetes Federation member associations, diabetes organizations, NGOs, health departments, civil society, individuals and companies to develop an extensive range of activities, tailored to a variety of groups.

- International Diabetes Federation

Upcoming Conferences and Events

Women and Children First – Lifeboat Perspective on the Importance of Maternal and Infant Health

- 8:30 a.m. to 3 p.m., Friday, Sept. 14, Holiday Inn Express, North Platte
- 8:30 a.m. to 3 p.m., Friday, Sept. 21, Loup City Community Center, Loup City
- 8:30 a.m. to 3 p.m., Friday, Oct. 5, Lincoln-Lancaster Co. Health Dept., Lincoln
- 8:30 a.m. to 3 p.m., Friday, Oct. 12, O'Neill Community Center, O'Neill
- 8:30 a.m. to 3 p.m., Friday, Oct. 19, Holiday Inn Express, Norfolk
- 8:30 a.m. to 3 p.m., Friday, Oct. 26, Holiday Inn Express, Hastings

Participants will explore the health care needs of women during their child-bearing life period, and their offspring. They will examine new findings on child maltreatment and explore evidence-based approaches to prevention; understand the scope and significance of home visiting in Nebraska as emerging through Nebraska Maternal Infant Early Childhood Home Visiting Program; identify solution-oriented approaches to helping women breastfeed successfully and with high satisfaction; and analyze the implications of gestational diabetes for intergenerational health outcomes. The event is hosted by the Maternal Child Adolescent Health Program of the Division of Public Health, Nebraska Department of Health and Human Services, and local health departments. For more information, contact Kathy Karsting at kathy.karsting@nebraska.gov or call 1 (800) 801-1122.

Take Control of Your Diabetes Conference and Health Fair

- 9 a.m. to 5 p.m., Saturday, Sept. 22, The Community Choice Credit Union Convention Center, Des Moines, Iowa
- Taking Control of Your Diabetes has been educating and motivating diabetes communities in cities throughout the country since 1995. It has assembled a cast of diabetes experts for a day that will ignite motivation and offer hope.

Lincoln Walk to Cure

- 12:30 p.m. Registration, 1 p.m. to 4 p.m., Sunday, Sept. 23, Holmes Lake Park, Lincoln
- More than 4,000 Lincoln community members attend the Walk to Cure with

corporate, family and school teams all working together to raise money and spend a fun-filled day celebrating their successes. Though this is known primarily as a fundraising event, JRDF welcomes families and community members to come out, have fun and learn more about Type 1 diabetes and JDRF. You do not have to fundraise to participate. To register for the Walk, go to walk.jrdf.org.



Making the Connection: Improving Clinical Care and Adherence for Patients with Diabetes

- 7:30 a.m. to 5 p.m., Saturday, Sept. 22, The Community Choice Credit Union Convention Center, Des Moines, Iowa

The Taking Control of Your Diabetes Continuing Medical Education Program offers a unique opportunity to bridge patient and professional education, demonstrating the link between clinical lessons in the classroom to the real life patient experience. The ultimate goal of this activity is to educate caregivers about the most effective cutting edge strategies to help patients with diabetes reach their treatment goals and avoid the associated acute and chronic complications. This program also aims to achieve caregiver appreciation of the many previously unrealized concerns that affect patient adherence or non-adherence with a prescribed medical regimen.

Type 1 Diabetes: From Childhood and Beyond

- 7:15 a.m. to 5 p.m., Friday, Oct. 5, 2012, Michael F. Sorrell Center for Health Education, University of Nebraska Medical Center, Omaha

The 2012 Nebraska Medical Center Diabetes Symposium is focused on the care of patients with Type 1 diabetes, the collabo-

ration between pediatric and adult providers, and using multidisciplinary approaches to address needs specific to this patient population. These needs include recognizing issues related to transitions of care of the young adult patient with diabetes, addressing specific needs that these patients have when it comes to medical care, behavioral issues, nutrition therapy, and insulin management both in inpatient and outpatient settings.

Diabetes Health Fair

- 8 a.m. to 11 a.m., Saturday, Nov. 5, Michael F. Sorrell Center for Health Education, University of Nebraska Medical Center, Omaha

Reach & Teach U Annual Outreach Event

- 8:30 a.m. to 1 p.m., Saturday, Jan. 26, LaVista Embassy Suites - LaVista

This annual event, hosted by the Juvenile Diabetes Research Foundation, is for families and individuals affected by Type 1 Diabetes. This free event features a morning of educational sessions designed to provide important and relevant diabetes info for people living with Type 1 Diabetes.

"Diet-Driven Solutions for Diabetes"

- 10 a.m. - 5 p.m., Friday, Nov. 2, 2012, Historic Midwest Theatre, Sc. Ne, 1707 Broadway, Scottsbluff

Directed toward health care providers, this seminar will feature successful management strategies for diabetes patients. These strategies include dietary changes, and research will be presented on locally grown beans and legumes. By examining the health benefits and beans and protective factors for diabetes, participants will learn how to incorporate this knowledge into their Motivational Interviewing and Patient Empowerment counseling practices immediately. Following the seminar, Kelley Bean Company, the nation's number 1 distributor of great northern beans, will host a Wine and Bean Pairing Event to explore the numerous options for cooking and entertaining with beans/legumes. All proceeds from the seminar and evening event benefit the diabetes foundation, Life Change Connection. The seminar is sponsored by Kelley Bean Company, Regional West Medical Center, Regional West Physicians Clinic.

Community health workers learn from DPCP, each other

Community health workers in Nebraska have another tool they can use to describe type 2 diabetes to minority communities in Nebraska.

The Road to Health Toolkit provides community health workers, nurses, health educators and dietitians with interactive tools that can be used to counsel and motivate persons at high risk for type 2 diabetes. The tools help reduce their risk by encouraging healthy eating, increased physical activity, and moderate weight loss for those who are overweight.

On July 19, Andrea Riley and Joshua Russo of the Diabetes Prevention and Control Program hosted two sessions about the Road to Health Toolkit at the Lay Health Ambassador Summit in Grand Island. Each CHW at the session was able to receive all of the Road to Health materials—in both English and Spanish.

The most important tool in the Road to Health is the flip chart. CHWs use the chart to tell community members about diabetes through the stories of two people. Those listening have a chance to ask questions about type 2 diabetes throughout the session.

Riley and Russo used a ‘café’ approach to teach the materials. After a short presentation about diabetes facts and the materials, participant groups were asked to study six components of the Road to Health —



The flip chart, activities guide, user guide, resources guide, photo diary, and training guide — and show each other the other groups they would use the materials. The CHWs were creative, using drawings and examples to describe the materials.

Participants enjoyed the training, saying in evaluations it was ‘hands on’, ‘informative’, and ‘creative’.

According to Health Resources and Services Administration, CHWs are lay members of communities who work either for pay or as volunteers in association with the local health care system in both urban and rural environments and usually share ethnicity, language, socioeconomic status, and life experiences with the community members they serve. They have been identified by many titles such as community health advisors, lay health advocates, Promotoras, outreach educators, community health representatives, peer health promoters, and peer health educators.



Photos by Andrea Riley

CHWs offer interpretation and translation services, provide culturally appropriate health education and information, assist people in receiving the care they need, give informal counseling and guidance on health behaviors, advocate for individual and community health needs, and provide some direct services such as first aid and blood pressure screening.

For more information about the toolkit or trainings, please contact DPCP at DHHS.DiabetesPreventionandControl@nebraska.gov.

- Diabetes Prevention and Control Program

Recipes

Simmered Cider

2 quarts unsweetened apple cider
Sliver of lemon peel
½ teaspoon whole allspice
½ teaspoon whole cloves
1 stick cinnamon

Heat all ingredients in a saucepan and let simmer for 10 minutes (Or simmer in a crockpot). Strain and serve. Makes 16 servings.

One serving:

Calories: 54 Carbohydrates: 13 grams
Protein: 0 Fat: 0
Saturated Fat: 0 Exchanges: 1 carbohydrate
Cholesterol: 0 mg Fiber: trace
Sodium: 4 mg Potassium: 137 mg
Calcium: 9 mg

Tomato Bisque (served cold)

3 cups fresh seed, peeled and chopped tomatoes
1 8-ounce can tomato sauce
1 ½ cups low sodium chicken broth
1 tablespoon dried basil

In a blender or a food processor, combine tomatoes, broth and tomato sauce. Cover and blend until smooth. Stir in basil. Cover and chill until serving time. Makes six servings

One serving:

Calories: 41 Carbohydrates: 7 grams
Protein: 3 grams Fat: 1 gram
Saturated Fat: trace Fiber: 2 grams
Exchanges: ½ carb Sodium: 255 mg
Cholesterol: 0 mg Potassium: 400 mg
Calcium: 18 mg

Oven Fried Chicken

6 skinless chicken breasts (4 ounces each)
½ cup flour
1 teaspoon oil
½ teaspoon paprika
½ teaspoon garlic salt
¼ teaspoon black pepper

Preheat oven to 325 degrees. Oil a 9x12-inch pan. Combine chicken, flour, paprika, garlic salt and pepper in a plastic bag. Shake. Place chicken on the oiled pan and bake for 25-35 minutes or until browned. Makes 6 servings.

One serving:

Calories: 188 Carbohydrates: 8 grams
Protein: 28 grams Fat: 4 grams
Saturated Fat: 1 gram Fiber: 1 gram
Sodium: 153 mg Calcium: 15 mg
Cholesterol: 73 mg Potassium: 238 mg
Exchanges: ½ carb, 4 very-lean meat

- Diabetes Prevention and Control Program



Joey reverses effects of diabetes, tells story on Defend Against Diabetes website

"Be positive. Even if things do not work out the way you want them to, they will in the long run. The race you are running now is not a sprint, it's a marathon and you can't stop just always keep moving forward and towards your goal."

This is a message from Joey, who lost 100 pounds and reversed the effects of type 2 diabetes. His story, and Andrea's message of how she managed gestational diabetes through healthy eating and exercise, can be found at the Defend Against Diabetes website.

An A1c of 5.7-6.4 is considered pre-diabetes and 6.5 and above indicates diabetes. Joey's first A1c test three years ago was 12. The doctors immediately put him on blood sugar-lowering medications including a pill and two daily injections, as well as medications for blood pressure

and cholesterol. Joey's current A1c is 5.3, meaning he no longer has diabetes or even pre-diabetes.

In addition, he has been able to reduce his medication bit by bit at every doctor visit. Now he doesn't need to take any medication at all. Joey and his wife ran the half marathon together this spring, and he has lost more than 130 pounds to date.

To read Joey's story and learn more, go to http://dhhs.ne.gov/public_health/Pages/diabetes_campaign.aspx and click on the 'Success Stories' link.

While on the site, please be sure to take the Diabetes Risk Assessment and learn ways to prevent diabetes. The site also features videos, podcasts, music downloads, recipes and cookbooks.

- Diabetes Prevention and Control Program

Study: Reducing your time sitting can add years to your life

Reducing the amount of time you spend sitting each day and cutting back on TV watching could add years to your life, according to a new study.

Researchers analyzed data from the U.S. National Health and Nutrition Examination Survey (NHANES) for 2005-06 and 2009-10 to determine the amount of time that American adults spend watching TV and sitting down each day.

They combined those data with findings from studies that examined the link between the amount of time people spend sitting and deaths from all causes.

And in what they call a causal link, the researchers concluded that if adults limited the amount of time they spent sitting each day to less than three hours, they might increase their life expectancy by an extra two years. Restricting TV view-

ing to less than two hours per day might extend life by about 1.4 years.

The findings were published online in the journal *BMJ Open*. A number of previous studies have linked a lot of time sitting or watching TV with poor health, such as diabetes and death from heart disease and stroke.

- *HealthDay News*

Diabetes in the News

Diabetes isn't a ticket to inactivity

Having type 2 diabetes need not confine you to the couch or park bench. But before you begin an exercise program, speak with your doctor. The American Diabetes Association offers these suggestions before you start working out:

- Talk to your doctor about any physical problems, including chest pain, or bone or joint problems.
- Talk to your doctor about how exercise may affect your medications.
- Track your progress; keep an exercise log or use a pedometer.
- Set realistic goals as part of your exercise plan.
- Always have water and a snack on hand, and make sure you stay hydrated.

- *HealthDay News*

Death rates declining for those with diabetes

More people have diabetes now than ever before. People with type 2 diabetes often have other health risk factors, like obesity and high blood pressure. But data from the National Health Interview Survey shows that death rates are declining in both men and women with diabetes. "From the time period of 1997 to 2006, death rates for any cause and for cardiovascular disease in particular declined in people with diabetes," said Dr. Edward Gregg is with the Division of Diabetes Translation at the Centers for Disease

Control and Prevention.

Those with diabetes can prevent their risk of cardiovascular disease by maintaining a healthy weight, healthy cholesterol levels, and by not smoking.

The study in the journal *Diabetes Care* was supported by CDC and the National Institutes of Health.

- *HHS HealthBeat*

Work Out at the Right Intensity

Your workouts should challenge you physically, but not to the point of overexertion.

So how do you figure out an exercise intensity that's right for you? The U.S. Centers for Disease Control and Prevention offers these guidelines:

- You should be able to do two sets of 10 repetitions in good form.
- You should need to rest after doing a 10-repetition set before you do your next set. If you can do 20 repetitions without a break, you should use heavier weights.
- If you can do more than 10 repetitions, consider using heavier weights.

- *HealthDay News*

Pain Reported by Nearly Half With Type 2 Diabetes

Nearly half of patients with type 2 diabetes say they have acute and chronic pain,



and about one-quarter suffer from a wide range of symptoms, including nerve damage, fatigue and depression, a new study indicates.

Researchers from the San Francisco VA Medical Center, the University of California, San Francisco and the Kaiser Permanente Division of Research in Oakland, Calif., examined more than 13,000 adults with type 2 diabetes, aged 30 to 75. In addition to chronic pain, fatigue and depression, about one in four patients reported neuropathy, which is characterized by tingling or numbness in hands, legs or feet; problems sleeping; and physical or emotional disability, the study revealed. Researchers also found high rates of shortness of breath, nausea and constipation.

- *HealthDay News*

Study: Use of pedometer nearly doubled time seniors spent strolling

Many people said they want to get out and walk or exercise more, but following through is another matter. Now, a study suggests that simply wearing a pedometer can help boost walking rates. The study of more than 300 New Zealand seniors found that weekly walking times nearly doubled when they wore devices. The study, published in a recent issue of the *Annals of Family Medicine*, tracked walking rates for more than a year among 330 relatively non-active people aged 65 or older.

- *HealthDay News*

Impact of Diabetes in Nebraska Report

The following are facts from the recent *Impact of Diabetes in Nebraska* Report. The report in its entirety can be found at www.dhhs.ne.gov/diabetes under the 'Nebraska Data and Trends' tab.

Men are more likely to have diabetes than women, and the percentage of adults with diabetes is greatest among those with the least education and the lowest household income.

Both the number and rate of cases of gestational diabetes have doubled in Nebraska during the past decade, although revisions to the Nebraska birth certificate in 2005 may be responsible for some of this increase. The number of babies born to Nebraska women with gestational diabetes rose from 630 in 2000 to 1,290 in 2010.

Continuing the trend of the 1990s, the percentage of Nebraska adults who are obese has increased to even greater levels since 2000.

The prevalence of diabetes among overweight Nebraska adults (6.5%) is more than twice the rate among healthy-weight adults (3.2%).

A total of 37.8% of Nebraska adults with diabetes reported in 2009 that they had participated in some type of regular physical activity during the past month, compared to 27.1% in 2001.

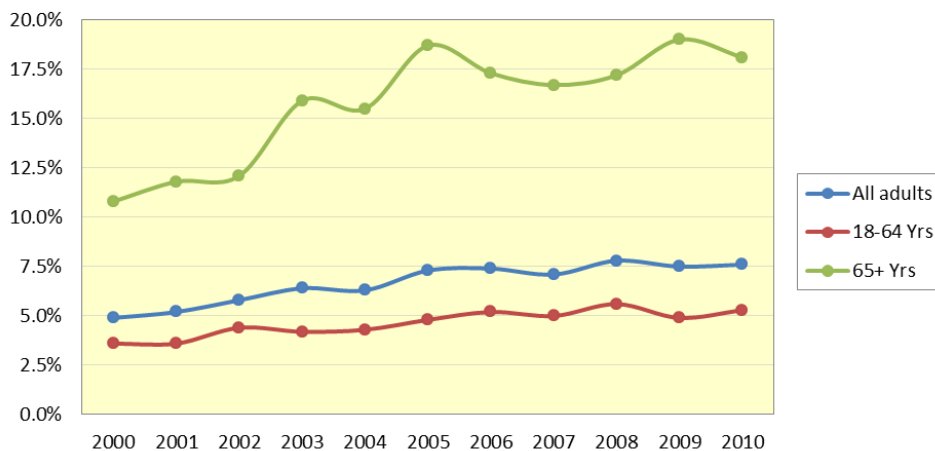
Two important risk factors for diabetes complications – high cholesterol and hypertension – currently afflict more than half of all adults in Nebraska who have diabetes.

An encouraging finding from these data is that Nebraska's rate of non-traumatic lower-extremity amputations in 2010 (2.8 per 1,000 people with diabetes) was better than necessary to achieve the national Healthy People 2010 objective of 2.9.

The prevalence of smoking among Nebraska adults with diabetes has been declining steadily in recent years, with the rate recorded in 2010 (12.8%) only half as large as the 1995 rate (23.5%).

Figure 1. Estimated Percentage of Nebraska Adults with Diagnosed Diabetes, 2000-2010

(Source: Nebraska Behavioral Risk Factor Surveillance System)



During 2009 and 2010, the prevalence of obesity among children and adolescents 2-19 years of age was 16.9%.

Among adults under the age of 65, 17.3% of those with diabetes do not have health insurance.

Between 2000 and 2009, 2,198 cases of end-stage renal disease were diagnosed among Nebraska residents with diabetes. Diabetes was the leading cause of kidney failure in

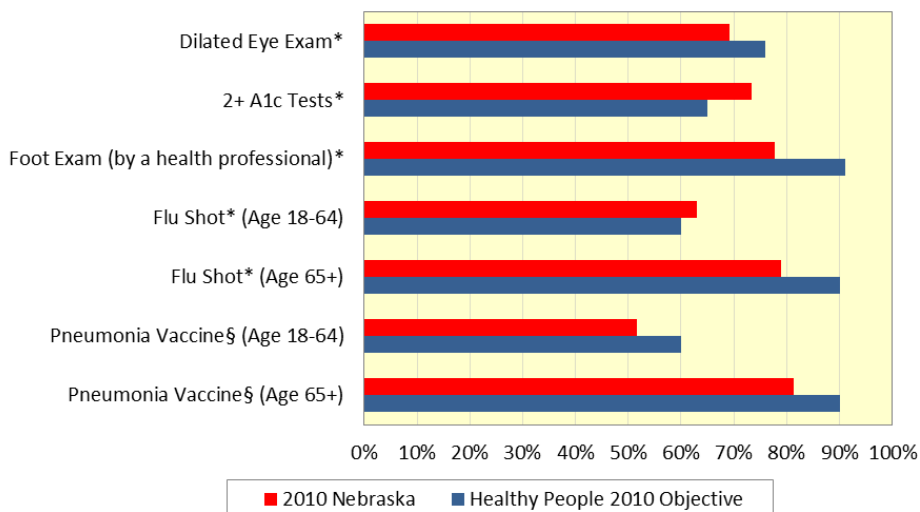
Nebraska during these years, accounting for more than two of every five (42.8%) new ESRD cases.

The overall cost of diabetes and its complications was estimated by CDC to be \$174 billion (including medical care, lost productivity, and premature death) in the United States in 2007 alone.

- Diabetes Prevention and Control Program

Figure 5. Percentage of Nebraska Adults with Diabetes Who Have Received Preventive Care Services (2010) and Healthy People 2010 Objectives

(Source: Nebraska Behavioral Risk Factor Surveillance System)



Diabetes Health Tips

Diabetes Often Triggers Foot Problems

People with type 2 diabetes have complications that often affect the feet, including potential loss of circulation or nerve damage.

The American Diabetes Association says diabetics should be aware of these potential symptoms:

- Neuropathy - loss of feeling in the feet or toes.
- Skin changes, including significant dryness, peeling and cracking.
- Poor circulation in the legs and feet.
- Foot ulcers, especially on the balls of the feet or the bottom of the big toes.
- Foot calluses.

- HealthDay News

Is My Blood Glucose Too Low?

Hypoglycemia (low blood sugar) is a common complication of diabetes, and can occur even in people whose diabetes is well-managed. Although the condition isn't always preventable, the American Diabetes Association says diabetics and their loved ones should recognize the warning signs. The ADA offers this list of potential symptoms:

- Feeling dizzy or shaking.
- Sweating and having pale skin.
- Developing a headache.
- Feeling hungry.
- Showing sudden changes in behavior.
- Moving clumsily.

- HealthDay News

Help prevent low blood sugar

Hypoglycemia, or low blood sugar, can occur even when you're doing your best to manage diabetes, the American Diabetes Association says.

Recognizing the possible symptoms of hypoglycemia – including shakiness, dizziness, sweating and hunger – and checking your sugar often are key to recognizing and treating the condition promptly. The ADA offers this advice:

- Check blood glucose levels frequently, and check at different times of day.
- Check blood glucose before you drive; eat a snack and re-check if your levels are below 100 mg/dl.

- HealthDay News

- Talk to your health care team about your low blood glucose episodes and what can be done to prevent and treat them.
- Make sure that friends, family and co-workers understand hypoglycemia and what to do if it happens to you.
- Wear a diabetes identification bracelet.
- Take a class on blood glucose awareness.

- HealthDay News

On the Go With Diabetes

Crossing time zones while adjusting your insulin doses can be tricky. Discussing your travel plans with your doctor can make the trip easier.

The American Diabetes Association offers these suggestions for diabetics on the go:

- Visit your doctor and bring your travel itinerary, to plan out when you should take insulin.
- Don't change your watch from your home time zone until the morning after you arrive.
- If taking insulin on the flight, be careful not to inject air into the insulin bottle.
- Check your blood glucose often, particularly once you land.
- For a few days after you land, take it easy as you adjust to the new time zone.

- Medline Plus

Risk Factors for Type 1 Diabetes

Type 1 diabetes, sometimes called juvenile diabetes, affects the amount of insulin produced by the pancreas. Insulin is a hormone that regulates blood sugar levels.

Here is a list of potential risk factors for the disease, courtesy of Aurora Health Care:

- A family history of type 1 diabetes.
- Having another autoimmune disease.
- Being born to an older mother.
- Being born to a mother who had preeclampsia.
- Being of Northern European or Mediterranean descent.
- Certain environmental factors, including stress or exposure to certain toxins.

- HealthDay News

More evidence that exercise helps fight Type 2 diabetes

People with diabetes who boost their level of physical activity can reduce their risk of premature death, according to a new study.

And a separate study found that weight training alone may reduce the risk of developing diabetes in the first place.

The first study, which involved nearly 6,000 people with diabetes, found that those who were moderately physically active had the lowest risk of death.

Leisure-time physical activity—such as biking, gardening and housework as well as walking—was also associated with lower risk of death, found researcher Diewertje Sluik of the German Institute of Human Nutrition Potsdam-Rehbrücke, and colleagues.

In the other study, which included more than 32,000 men, researchers found weight training alone – without aerobics – can help prevent type 2 diabetes, possibly by increasing muscle mass and improving insulin sensitivity.

However, a combination of weight training and aerobic exercise provided the most preventive benefit.

Both studies were published online Aug. 6 in the journal *Archives of Internal Medicine*.

- HealthDay News

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"Our mission is to reduce the impact of diabetes in Nebraska by promoting and improving diabetes prevention, management, and education."

We're on the Web!

www.dhhs.ne.gov/diabetes

Diabetes is:

- The leading cause of kidney failure, non-traumatic lower-limb amputations, and new cases of blindness among adults in the United States.
- A major cause of heart disease and stroke.
- The seventh-leading cause of death in the United States.

The Nebraska Diabetes Prevention and Control Program is committed to improving the health of the citizens of Nebraska at risk or with diabetes by:

- Facilitating statewide partnerships with health care systems, communities and other partners and stakeholders.
- Coordinating statewide efforts to improve quality of care.
- Collecting and disseminating diabetes surveillance and evaluation data for program development and policy guidelines.
- Facilitating efforts to address health disparities in high-risk populations.
- Developing and promoting population-based community interventions.
- Developing and promoting culturally appropriate health communications.

People with diabetes have an increased risk of getting the flu

People with type 1 or type 2 diabetes, even when well-managed, are at increased risk of severe disease and complications, like hospitalization and even death, as a result of getting the flu. This is because diabetes can make the immune system less able to fight severe influenza disease. In addition, illness can raise your blood sugar level. Also, sometimes people don't feel like eating when they are sick, and this can cause blood sugar levels to rise and fall.

The Centers for Disease Control recommends that people with either type 1 or type 2 diabetes, who are 6 months and older, get a flu shot. The nasal spray vaccine should not be given to people with diabetes.

People with type 1 or type 2 diabetes are at an increased risk of developing pneumonia from the flu, therefore taking a pneumonia (pneumococcal) vaccine is also recommended.

- Centers for Disease Control

A flu shot is the single best way to protect yourself against the flu

The vaccine is safe and effective. It has been given safely to hundreds of millions of people. You should get the flu shot vaccine and not the nasal spray type of vaccine.

Everyone ages 6 months and older should get the flu shot unless told otherwise by a health care provider, especially people with diabetes. The

flu shot is given with a needle, usually in the arm. The vaccine used in the shot is made from killed virus. You cannot get the flu from the flu shot. A few people may be sore or notice some redness or swelling where the shot was given or have a mild fever. For more information about possible reactions, go to www.cdc.gov/flu.

Pneumococcal vaccine is also recommended for people with diabetes. One possible complication of flu can be pneumonia. A pneumonia (pneumococcal) vaccine should also be part of a diabetes management plan. Talk to your health care provider for more information.

- Centers for Disease Control